



FSPC Officers

Chair	Stephen Roggenbaum
Vice-Chair	Paula Edwards
Treasurer	René Favreau
Secretary	Myrtice Landers
Assistant Secretary	Jody Smith

FSPC REGIONAL DIRECTORS

R1 Rachelle S. Burns
(Escambia, Okaloosa, Santa Rosa, Walton)

R2 Pam Mezzina
(Bay, Calhoun, Franklin, Gadsden, Gulf Homes, Jackson, Jefferson, Leon, Liberty, Madison, Taylor, Wakulla, Washington)

R3 Ali Martinez
(Alachua, Bradford, Columbia, Dixie, Gilchrist, Hamilton, Lafayette, Levy, Putnam, Suwannee, Union)

R4 Lisa Zeller
(Baker, Clay, Duval, Nassau, St. Johns)

R5 Jody Smith
(DeSoto, Pinellas, Sarasota)

R6 Susan Morgan
(Hillsborough, Manatee, Pasco)

R7 Tara Sullivan
(Brevard, Orange, Osceola, Seminole)

R8 Sue Opheim
(Charlotte, Collier, Glades, Hendry, Lee)

R9 Payton Reid
(Palm Beach)

R10 Vacant
(Broward)

R11 Margaret Di Gennaro
(Dade, Monroe)

R12 Kelly Sousa
(Flagler, Volusia)

R13 Tom Walsh
(Citrus, Hernando, Lake, Marion, Sumter)

R14 Vacant
(Hardee, Highlands, Polk)

R15 Lindsay Slattery-Cerny
(Indian River, Martin, Okeechobee, St. Lucie)

August 2022 Newsletter FLORIDA SUICIDE PREVENTION COALITION

*A statewide, grassroots organization
of survivors, crisis centers, & interested citizens*

JOIN OR RENEW FSPC MEMBERSHIP

BECOME A

MEMBER

JOIN TODAY!

Join FSPC, a statewide, grassroots organization of survivors, crisis centers, & interested individuals. Collaborate to advance suicide prevention efforts; get involved, volunteer with

local & state FSPC activities; & obtain reduced registration at FSPC events. To join or find out when your renewal is due, please contact Myrtice Landers, FSPC Treasurer (floridasuicideprevention@gmail.com). Membership info: <http://floridasuicideprevention.org/membership/>

FSPC NEEDS YOU!

By Stephen Roggenbaum, Chair, FSPC
Link: <https://floridasuicideprevention.org>

FSPC is in search of dedicated, motivated, and willing volunteers who want to get more involved with FSPC.

The Florida Suicide Prevention Coalition (FSPC) is currently represented by numerous wonderful ambassadors. Officers and Regional Directors serve as a contact for various Florida regions providing information, responding to inquiries, networking with local contacts, and advocating for effective prevention initiatives.

You can volunteer to join FSPC and serve as a Region Director. A person does not necessarily need to live in the Region he/she represents but is aware of the services and opportunities available while serving as a resource point person. An interested individual can also assist a current Region Director as he/she becomes more comfortable contributing and support suicide prevention through FSPC.



If interested or for more information, please contact Steve Roggenbaum (roggenba@usf.edu) or Myrtice Landers (floridasuicideprevention@gmail.com). See first page of newsletter (box at left) for Regions and associated counties.

NOW YOU CAN DIAL 9-8-8 FOR A MENTAL HEALTH EMERGENCY

The three-digit code is like 911, but for mental health emergencies only



Source: Substance Abuse and Mental Health Services Administration (SAMHSA)

Website: <https://www.samhsa.gov/newsroom/press-announcements/20220715/us-transition-988-suicide-crisis-lifeline-begins-saturday>

On July 16, the 10-digit National Suicide Prevention Lifeline transitioned to 988 — an easy-to-remember 3-digit number for 24/7 crisis care. The lifeline, which also links to the Veterans Crisis Line, follows a three-year joint effort by the U.S. Department of Health and Human Services (HHS), Federal Communications Commission (FCC), and the U.S. Department of Veterans Affairs (VA) to put crisis care more in reach for people in need.

VOLUNTEER TO SUPPORT THE 988 LIFELINE

Source: Substance Abuse and Mental Health Services Administration (SAMHSA)

Website: <https://www.samhsa.gov/find-help/988/jobs>

On July 16, 2022, the National Suicide Prevention Lifeline (1-800-273-8255) transitioned to an easy-to-remember, 3-digit number (988). This represents an unprecedented opportunity to strengthen and expand the existing network of over 200 locally operated and funded crisis centers across the country. YOU can help support individuals in need by volunteering, receiving training, and answering calls on the Lifeline. Florida has 12 certified centers (soon to be 13) so you can volunteer near your home. Click the link above and help support and effective suicide prevention strategy.

FSPC INTERVIEWED FOR 988 ROLLOUT

Link: <https://www.sun-sentinel.com/local/fl-ne-988-suicide-lifeline-debut-20220716-ccuff2wdjjfadc6mam75tas52q-story.html>

Excerpts from South Florida Sun-Sentinel article by Chris Perkins, July 16, 2022 (click on link above)

“The emphasis is on suicide being preventable,” said Stephen Roggenbaum, chair of the Florida Suicide Prevention Coalition, a statewide grassroots organization comprised of concerned citizens. “We know that calls to the crisis center, through research and studies, there’s a decrease in anxiety levels and intent of people wanting to take their lives by the end of the phone calls.

“So we know the call centers are effective at reducing suicide risk. We know that people do call when they’re in crisis and we anticipate this new number will make it easier for people to remember the number and call in crisis.”

FSPC HAS NEW REGION 10 DIRECTOR (BROWARD COUNTY)

By Stephen Roggenbaum, FSPC Chair



Please meet our Region 10 Director (Broward County). Rafis A. Nin, LCSW is the LOSS Team Director, and prior Director of Clinical Coordination at United Way of Broward County working directly with survivors impacted by sudden suicide loss. In the last two years prior to this new role, Mr. Nin implemented and coordinated for United Way of Broward County a program which compensated therapists for their clinical work with those affected directly and first responders because of the MSD Parkland school shooting that took place in 2/14/2018 in Parkland, Florida. Mr. Nin is a Ph.D. candidate in Couple and Family Therapy, maintains an active clinical practice as a trauma psychotherapist working with adults who are dealing with the effects of trauma and suicide & sudden losses, and facilitates support groups for individuals who

have lost a loved one to suicide. Mr. Nin is a licensed clinical social worker in the state of Florida, and fully trained EMDR therapist by EMDRIA. Mr. Nin received his Masters in Social Work from Hunter College in New York City in 2000. Mr. Nin also earned a graduate certificate in Conflict Resolution Practices from Nova Southeastern University, Davie, FL. Mr. Nin has over 22 years postgraduate combined experience of clinical practice in medical settings and community non-profit agencies including providing mental health services, clinical supervision, and training. Mr. Nin is currently working on completing his dissertation research to meet requirements for his PhD in Family Therapy at Nova Southeastern University, Davie, FL. His dissertation research topic is on the “Lived Experience of Fathers Bereaved by Suicide Loss” using an IPA qualitative phenomenological design methodology on exploring the lived experience of fathers who have lost a child to suicide loss.

LOSS SURVIVORS - COMFORTING VIEWS

By *Heartbeat, Survivors After Suicide* website (a non-profit organization created by LaRita Archibald)

Link: <https://www.heartbeatsurvivorsaftersuicide.org/comfortingviews>

Comforting Words regarding God and Forgiveness

To make the last millisecond of a person's life so supremely important is to misunderstand both the worth of our lives and the forgiveness of God. Our lives aren't games of high -stake poker, where one final hand can wipe you out. God judges our lives in their totality. If we accept the premise that God's nature is one

of steadfast love and mercy,
then we must say with Barth:

"If there is forgiveness of sins at all, there is surely forgiveness for suicide."

John Hewitt; After Suicide

“When I behold any soul in agony, who had thought of Me of me with pleasure, or had performed any works deserving of reward, I appear to that soul at the moment of death, with a countenance so full of love and mercy, that the soul repents from its inmost depths for having offended Me, and that soul is saved by this repentance.”

St. Gertrude: Legatus Divinae Pietatis

God didn't call your loved one home but he welcomed them with open arms.

To a suicide bereaved mother from Ruth Bell Graham

2022 SUICIDE PREVENTION SUMMIT (AUGUST 19-21, 2022)

Source: American Association of Suicidology (AAS)

Link: <https://www.mentalhealthacademy.net/suicideprevention/aas>

AAS has partnered with Mental Health Academy to bring you one of the most exciting events of the year, the [2022 Suicide Prevention Summit](#). Live - August 19-21, 2022. On-Demand 8/22 - 10/16/22.

The purpose of the Summit is to equip clinicians with the most up-to-date, advanced knowledge and treatment options for suicide prevention.

As a participant, you will enjoy:

- **Pay nothing to attend** – or just \$10 to enjoy extra perks, including extended access to session recordings, slides and post-session notes.
- Accrue up to 13 CE credits* (NBCC Approved CE Provider, ACEP #6535).
- Learn directly from a stellar line-up of academic, clinical and lived experience experts, who will be sharing the latest research, insights and practical resources in suicide prevention.
- Join live, interactive webinars (August 19-21) and/or watch recordings on-demand.

- Discover interventions to support various client groups at risk of – impacted by – suicide, including youth, older adults, men, suicide-bereaved, BIPOC, and more.

Snapshot of the Summit

The 2022 Suicide Prevention Summit will be delivered via live webinar sessions during August 19-21, 2022. Sessions will be available on-demand (i.e., you can watch recordings) until Sunday, October 16*.



Choose what you pay

You can register **for free** - or pay only \$10 (all of which goes to charity) to enjoy exclusive perks.



Live Q&A

Interact with presenters through live Q&A sessions.



Live Webinars

Access live, interactive webinars facilitated by top experts.



Recorded Sessions

Access session recordings*, on-demand, 24/7 – so you don't miss out on anything.



Culturally Appropriate

Strategies to best support a range of client populations at risk of suicide.



Top Experts

Learn directly from leading suicide prevention experts.



13 CE Credits

Receive CE Certificates and accrue up to 13 NBCC & CCPA Approved CE Credits.



Proceeds Go to Charity

All funds raised will be donated to ACA, AAS, CCPA & the NBCC Foundation.

*By choosing the free registration option, you will enjoy on-demand access to video recordings for 7 days. By choosing the \$10 registration option, you will enjoy extended on-demand access to video recordings until Sunday October 16, 2022. For more details, please see our [Terms & Conditions](#).

There are limited places available. Please register now to secure yours:

<https://www.mentalhealthacademy.net/suicideprevention/aas>

If you have any questions about the Summit, please contact Mental Health Academy's friendly support team on help@mentalhealthacademy.net.

4th ANNUAL TEAM KYLE'S SUICIDE PREVENTION RIDE

Link: teamkylesuicidepreventionride.com

The 4th Annual Team Kyle's Suicide Prevention Ride is on Saturday, September 3, 2022 with registration beginning at 9:00 am and KSU (kick stands up) at 11:00 am. The Ride is a personal campaign sponsored by Paula Edwards in honor of her son, Kyle.

The Ride starts and concludes at Seminole Power Sports North located at 15821 US-441, Eustis, Florida 32726.

The Ride is scheduled to have a police escort as riders travel through the beautiful backroads of Lake County before returning for lunch, music, information, vendors, and more!

Registration of \$25 includes lunch and three (3) raffle entries.

Want to help support this annual event? For more information or to volunteer for the event, please contact Paula Edwards at pedwards1013@icloud.com or 773-531-0592.

4TH ANNUAL TEAM KYLE'S SUICIDE PREVENTION RIDE
SATURDAY, SEPTEMBER 3RD, 2022
 REGISTRATION AT 9 A.M., KSU AT 11 A.M.

ESCORTED RIDE THROUGH LAKE COUNTY'S BACK-ROADS
 Ride begins at
 Seminole Power Sports North
 15821 US Highway 441, Eustis, FL 32726

\$25.00
 Ticket includes
 Lunch & 3 raffle
 entries

SCAN TO REGISTER
www.Teamkylesuicidepreventionride.com

The American Foundation for Suicide Prevention Received 100% of your donations.

Music, information, raffles, vendors & more!

Proud Sponsor
SPS
BUFFALO MOTORCYCLE CLUB
SUICIDE PREVENTION
SUICIDE PREVENTION RIDE

TAKE 5 TO SAVE LIVES

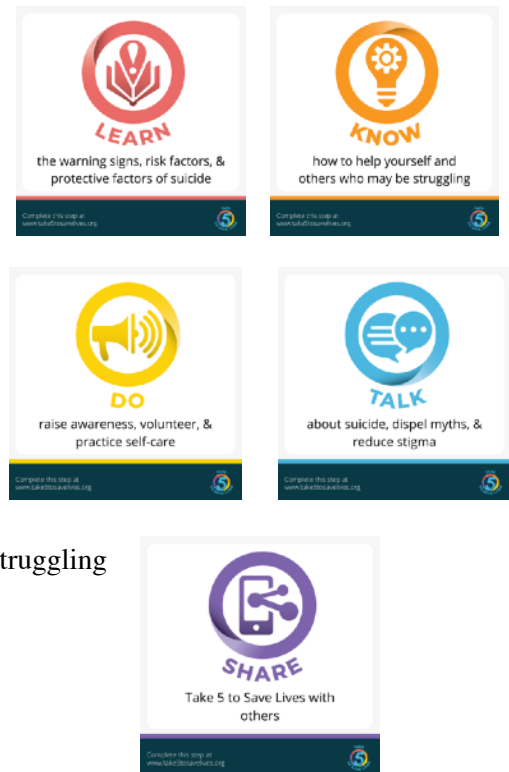
Link: <https://www.take5tosavelives.org/toolkit>

To assist the International Association for Suicide Prevention (IASP) efforts, the National Council for Suicide Prevention (NCSP) launched the *Take 5 to Save Lives* campaign. Take 5 encourages everyone to complete several action steps under 5 important themes: LEARN, KNOW, DO, TALK, and SHARE..

Take 5 to Save Lives is all new and updated for 2022! We're excited to share that we have updated the Take 5 action steps to expand the most important activities everyone can do to help prevent the tragedy of suicide. Our global list of partners continues to grow and we hope you will utilize these helpful tools.

Take 5 to Save Lives components (also see graphics to right):

- **LEARN** the warning signs, risk factors, & protective factors of suicide
- **KNOW** how to help yourself and others who may be struggling
- **DO** raise awareness, volunteer, & practice self-care
- **TALK** about suicide, dispel myths, & reduce stigma
- **SHARE** Take 5 to Save Lives with others



WHAT'S HAPPENING - MARK YOUR CALENDARS!



September 3, 2022 (Saturday), *4th Annual Team Kyle's Suicide Prevention Ride* (motorcycle). For more information, Paula Edwards, pedwards1013@icloud.com

September 5, 2022, *Bluebird Run for Brookie B for suicide awareness and prevention*. JR Alford Greenway, Tallahassee. The 1M Fun Run takes off at 8:00 am and the 5K Trail Run/Walk starts at 8:30. <https://runsignup.com/Race/FL/Tallahassee/BluebirdRunforBrookieB>

September 10, 2022, *Jeffrey Bear Foundation Memorial for suicide awareness and prevention*. Tallahassee. This event highlights Veterinarians and suicide. <https://www.jeffreybearfoundation.com/>

November 6, 2022 *Tallahassee Out of the Darkness Walk*, sponsored by AFSP. <https://supporting.afsp.org/index.cfm?fuseaction=donorDrive.event&eventID=8344>.

Check Florida's Statewide Office of Suicide Prevention's Event's Calendar for more of What's Happening. <https://www.myflfamilies.com/service-programs/samh/prevention/suicide-prevention/index.shtml>

RESOURCES



If you or someone you know is in crisis, please call **1-800-273- 8255** (*National Suicide Prevention Lifeline*).

Crisis Text Line – text “start” to **741-741**

Veteran's Crisis Line **1-800-273- 8255**, press **1** & <https://www.veteranscrisisline.net/>

Florida Suicide Prevention Coalition Facebook/Meta page: <https://www.facebook.com/groups/997344794378650>

Resources for Survivors of Suicide Loss. SAVE. Suicide Awareness Voices for Education maintains a resource list at: <http://suicidegrief.save.org/ResourceLibrary>

Suicide Loss Survivors. The American Association of Suicidology (AAS) hosts a webpage with resources for survivors of suicide loss at <http://www.suicidology.org/suicide-survivors/suicide-loss-survivors>

Suicide Grief Resources. Helpful information, tools, and links for people bereaved by suicide at <http://suicidегriefresources.org/>

STOP Suicide Northeast Indiana. (2016). *Help & Hope: For Survivors of Suicide Loss*. Retrieved from <http://www.stopsuicidenow.org/toolkits-now-available/>

Florida's Statewide Office of Suicide Prevention (DCF):

<http://www.myflfamilies.com/service-programs/samh/prevention/suicide-prevention/index.shtml>

National Action Alliance for Suicide Prevention: The Public-Private Partnership Advancing the National Strategy for Suicide Prevention: <http://actionallianceforsuicideprevention.org/resources>

Coping After Suicide Loss: Tips for Grieving Adults, Children, and Schools. The American Psychological Association tip sheet. <http://www.apa.org/helpcenter/suicide-coping-tips.pdf>

The Steve Fund. Dedicated to the mental health and emotional well-being of students of color. <https://www.stevelfund.org/>

Naseeha Muslim Mental Health Hotline: 1-866-627-3342 (available 9AM – 6PM PST)

AMALA Muslim Youth Hopeline: 1-855-952-6252 (available 6PM – 10PM PST except Tuesdays & Thursdays)

Find a Muslim Mental Health Provider in your area here: <https://muslimmentalhealth.com/directory/>

Muslim informational toolkits: <https://www.thefyi.org/toolkits/>

To access Muslim Suicide Response Trainings and Manual: Maristan.org

Resources on AAS website for people with Autism: <https://suicidology.org/resources/autism-resources/>

SUPPORT FSPC JUST BY FOR SHOPPING ONLINE - NOTHING EXTRA!



Amazon donates to FSPC when you make an online Amazon purchase (free to you). Support FSPC by going to smile.amazon.com (you must begin shopping from here to have

your selected charity receive an Amazon donation) and register the *Florida Suicide Prevention Coalition* (FSPC) as your chosen charity. Then start shopping on Amazon (smile.amazon.com) & support suicide prevention.



New supporter



Charity hero



Heart-core shopper

FSPC NEWSLETTER SUBMISSIONS

Please submit news, events, poems, & writings for FSPC Newsletter inclusion consideration. Be sure to follow safe messaging guidelines. Email Steve Roggenbaum, Chair, roggenba@usf.edu

FSPC MEMBERSHIP

New FSPC Membership or Renewal information available online at:

<http://floridasuicideprevention.org/membership>